

## FARMER'S WIFE TOO ILL TO WORK

A Weak, Nervous Sufferer  
Restored to Health by Ly-  
dia E. Pinkham's Veg-  
etable Compound.

Kasota, Minn. — "I am glad to say that Lydia E. Pinkham's Vegetable Compound has done more for me than anything else, and I had the best physician here. I was so weak and nervous that I could not do my work and suffered with pains low down in my right side for a year or more. I took Lydia E. Pinkham's Vegetable Compound, and now I feel like a different person. I believe there is nothing like Lydia E. Pinkham's Vegetable Compound for weak women and young girls, and I would be glad if I could influence anyone to try the medicine, for I know it will do all and much more than it is claimed to do." — Mrs. CLARA FRANKS, R. F. D. No. 1, Maplecrest Farm, Kasota, Minn.

Women who suffer from those distressing ills peculiar to their sex should be convinced of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health by the many genuine and truthful testimonials we are constantly publishing in the newspapers.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

**His Action.**  
"Ah, squire," saluted the village bore, "what are you doing for your rheumatism these days?"  
"Examining the doctors one after another," snarled the old codger, "to see how much they don't know." — Judge.

**CUTICURA COMPLEXIONS**  
Are Usually Fresh and Clear, Soft and Velvety. Try One.

The Soap to cleanse and purify, the Ointment to soothe and heal. Thus these supercreamy emollients promote and maintain the natural purity and beauty of the skin, scalp, hair and hands under conditions which if neglected might disfigure them.  
Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

It is not the things we have, but the things we hope to get that make life worth while.

Broadly speaking, the people are divided into two classes: The people who do things and their critics.

Most particular women use Red Cross Ball Blue. American made. Sure to please. At all good grocers. Adv.

It's a good brand of fertilizer that will raise a mortgage.

## Backache Is a Warning

Thousands suffer kidney ills unaware—not knowing that the backache, headaches and dull, nervous, dizzy, all tired condition are often due to kidney weakness alone. Anybody who suffers constantly from backache should suspect the kidneys. Some irregularity of the secretions may give just the needed proof. Doan's Kidney Pills have been curing backache and sick kidneys for over fifty years.

## An Oklahoma Case

Mrs. W. A. W. Green, 414 W. Grand Ave., Oklahoma City, Okla., says: "I had a dull, heavy ache through the small of my back for years and suffered from headaches and dizzy spells. My kidneys acted irregularly. I took Doan's Kidney Pills and as soon as I took them and three boxes restored me to good health."

Get Doan's at Any Store, 50c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-PILBURN CO., BUFFALO, N. Y.

## Constipation Vanishes Forever

Prompt Relief—Permanent Cure  
**CARTER'S LITTLE LIVER PILLS** never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner distress—cure indigestion. Improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

**WATERBURY'S HAIR BALM**  
A truly remarkable hair restorer. It cures itching scalp, dandruff, and keeps the hair soft and glossy. Sold everywhere.

## HOME TOWN HELPS

MOVE FOR HOME GARDENS

Widespread Idea to Interest Children of the Country in Economical Idea.

Any suggestion of introducing a wider military training among scholars of this country is bound to meet with opposition. But one move which will be almost as useful in time of war as that being made by the United States bureau of education to make home-garden truck farmers of the 10,000,000 children who are now in public schools in the United States.

Of course, the relation of such a movement to war probably was far from the minds of those who have been fostering the movement. It already is being worked out in many cities. On the statement of Dr. C. D. Jarvis, the specialist in charge of the government's home-gardening survey, the relation this movement, if accomplished thoroughly, would bear to war is strikingly shown. Doctor Jarvis estimates that if half the 10,000,000 available school children were interested in the work the increase in food supplies would amount to \$50,000,000 annually. This estimate is based upon the supposition that \$10 is the average yield of a garden, though figures show that many such gardens can earn \$25, \$50 and even \$100 yearly.

What such a food supply would mean to any European nation at this time can easily be imagined. If war called the young men from the farms of this nation, even for a brief time, these school gardens would be invaluable in supplying food to cities which otherwise might find themselves cut off from a ready supply.

Obviously the great benefit of the work undertaken by the bureau of education and its experts is planned for times of peace. But in a period when many peaceful movements are viewed from a war angle, this plan cannot escape the attention of those who believe preparedness is our best protection against foreign imbrogmos.

## HOMES FOR RURAL TEACHERS

Communities Are Waking Up to the Necessity of Providing Adequate Accommodations.

Teachers' cottages are one of the latest developments in education. They are rapidly passing out of the experimental stage, however; the state of Washington has more than a hundred, and Texas is approaching that number. The plan has been devised as a result of the difficulty of providing living arrangements for teachers in rural sections. "Boarding round" is no longer popular with either teacher or neighborhood. Then there are certain advantages connected with the cottage. It gives a desirable permanency to the position, which is beneficial to the community as well as to the teacher; and when it is located near the schoolhouse it affords opportunity for work in domestic science. One county in Alabama has completed its sixth home for rural teachers. In one town the cottage was built by popular subscription, has six acres of land attached to it, and is occupied by the teacher at a nominal rental. In some of these cottages several teachers live together upon a basis of co-operative housekeeping. It is claimed for the cottage system by making rural life more attractive the lack of male teachers is being to some extent supplied. — New York Evening Post.

## Gardens for School Children.

There is a strong economic truth at the bottom of the garden movement, and its value has been recognized long ago in European countries, which have brought about different forms of development. Austria established experimental gardens in its rural schools as far back as 1869. Switzerland, Germany and England have a garden course in their public schools, while France goes farther and maintains not only flower and vegetable gardens, but includes orchards, forestry and bee industry. The garden movement is of special significance in cities where large numbers of children are turned out on the streets to loiter, tease and maraud.

Perhaps the greatest value of school gardens is in teaching the child how to make a garden at home and encouraging it to do so. It is here that we are to attain the real value of instruction and make it pay. The child can materially reduce the cost of living by not only furnishing vegetables during the summer but the surplus can be stored for winter use. That this can be done is no longer a matter of conjecture, but many examples can be given in proof.—Mrs. Alex Caldwell, in Southern Woman's Magazine.

## Tidy Farms.

If each farm in any community is clean, tidy and well kept, presenting a thrifty, homelike appearance, the whole neighborhood will be attractive to visitors and satisfying to residents. Local and county fair boards might create a very valuable farm improvement habit by offering a liberal prize for the best planned farm in a neighborhood or in a county.—New Castle Times.

## AN INDIANA MAN TELLS OF WESTERN CANADA

He Is Perfectly Satisfied, and Tells of His Neighbors Who Have Done Well.

Walter Harris, formerly lived near Julietta in Warren township, Indiana. He now lives at Hussar, Alberta. In writing to his home paper in Indiana, he says that the failure is the man who always blames the country. He fails to see his own mistakes, has missed his calling and is not fitted for farming. The two seasons just past have been entirely different. In 1913 plenty of rain came in June and a good crop followed, but the fall was dry and but little snow in the winter followed by a very dry summer, and a short crop. Only those that had farmed their land properly were able to meet expenses.

For example, last year the Crowfoot Farming Company, south of here, threshed from 1,250 acres 38,000 bushels of wheat. One-half section made 26 bushels, the poorest of all. This year on 1,350 acres they threshed nearly 26,000 bushels. Last year's crop sold at 75 cents from their own elevator. What they have sold of this year's crop brought \$1.00 at threshing time. Eight thousand bushels unsold would bring now around \$1.25. The manager and part owner was raised in Ohio and farmed in Washington several years. He and his wife spent last winter in Ohio. She told me a few days ago that the climate here was much better than Ohio.

A man by the name of George Clark threshed 75 bushels of oats, 45 bushels of barley and 35 bushels of wheat to the acre. He had 15,000 bushels of old oats as well as wheat and barley in his granaries that have almost doubled in price. He came from Washington, where he sold a large body of land around \$200 that he bought around \$3.00 per acre. He then refers to a failure. A large company in the eastern states, owning a large farm near Hussar pays its manager \$3,000 a year. The farm has not been a success. Probably the manager's fault. Mr. Harris says conditions are not as good as could be wished for, but on the ending of the war good crops, with war prices, will certainly change conditions, and it seems to me that the one who owns land that will raise 100 bushels of oats, 75 bushels of barley or 40 bushels of wheat is the one who "laughs last."

The above yields may seem exaggerations to many, and are far above the average, but you should remember that the man who fails is counted in to make the average, and there are instances on record here that would far exceed the above figures.

Nor is grain the only profitable thing that can be raised here. There are many fine horse ranches, some of them stocked with cayuses and bred to thoroughbreds, and others imported from the old countries. They run on the range nearly all the year. The owners put up wild hay to feed them if the snow should get too deep for them to get the dead grass. There are several hundred in sight of here most of the time. There are several cattle ranches north of here that have from 500 to 7,000 head of cattle. One man I know sold \$45,000 worth of fat cattle this fall. He winters his cattle on farms where they have lots of straw and water, paying 75 cents a month per head, or if there is enough straw to winter 400 or 500 head they buy the straw and water and have a man to look after the cattle.—Advertiser.

## Always in the Making.

In one of George Macdonald's books occurs this fragment of conversation: "I wonder why God made me," said Mrs. Faber, bitterly. "I'm sure I don't know what was the use of making me."

"Perhaps not much yet," replied Dorothy; "but then he hasn't done with you yet. He is making you now, and you don't like it."

It would give us more patience with ourselves if we always remembered this. We would not get so discouraged with our infirmities, imperfections and failures if we always kept in mind the fact that we are not yet made, that we are only in process of being made, that God is not yet through making us. — Rev. J. R. Miller, D.D.

## Doubtful Assurances.

"Do you think they approved of my Easter sermon?" asked one of our well-known ministers.

"Yes, I think so," replied his wife; "they were all nodding."

No man who has tried to split kindling with one believes George Washington chopped down a cherry tree with his hatchet.

**YOUR OWN DRUGGIST WILL TELL YOU** Try **Martine Eye Remedy** for Red, Weak, Watery Eyes and Irritated Eyelids. No Stinging, No Smarting. Write for Book of the Eye by mail free. Martine Eye Remedy Co., Chicago.

It's woman's imagination that keeps her young—if she imagines people can't see through a coat of paint.

## W. L. DOUGLAS

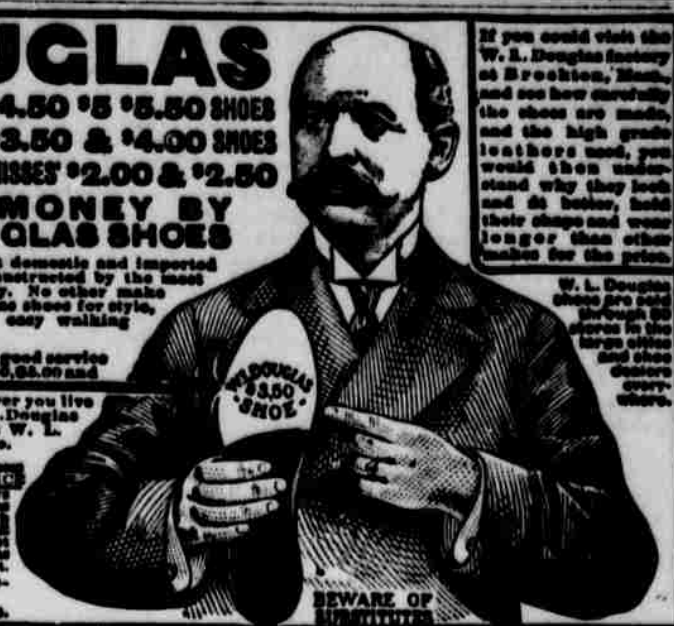
Men's \$2.50 \$3 \$3.50 \$4.00 \$4.50 \$5 \$5.50 SHOES  
Women's \$2.00 \$2.50 \$3.00 \$3.50 \$4.00 SHOES  
Boys' \$1.75 \$2 \$2.50 \$3.00 MISSES' \$2.00 & \$2.50

YOU CAN SAVE MONEY BY WEARING W. L. DOUGLAS SHOES

W. L. Douglas shoes are made of the best domestic and imported leathers, on the latest models, carefully constructed by the most expert last and pattern makers in this country. No other make of equal price, can compete with W. L. Douglas shoes for style, workmanship and quality. As comfortable, easy walking shoes they are unsurpassed.

The \$3.50, \$4.00 and \$4.50 shoes will give as good service as other makes costing \$4.00 to \$5.00. The \$4.50, \$5.00 and \$5.50 shoes compare favorably with other makes costing \$5.00 to \$6.00. There are many men and women wear Douglas shoes and they will tell Douglas shoes cannot be excelled for the price.

**CAUTION!** When buying W. L. Douglas shoes look for his NAME AND PRICE stamped on the bottom. Shoes that do not have this stamp are not W. L. Douglas shoes. For 32 years W. L. Douglas has guaranteed their value and protected the wearer against high prices for inferior shoes by having his NAME AND PRICE stamped on the bottom before they leave the factory. Do not be deceived to take any other make claimed to be just as good. You are paying your money and are entitled to the best. If your dealer cannot supply you, write for Illustrated Catalog showing how to order by mail. W. L. Douglas, 210 Spark St., Brockton, Mass.



**Satan and the Carolean Deep.**  
"I'm in a quandary."  
"What about?"  
"I have two invitations to dinner, and I can't decide."  
"Which one to accept?"  
"No, which one to refuse. One is to a home where a young lady has just come home from a piano conservatory, and the other is where a five-year-old boy knows a lot of recitations." — Farm Life.

**Dramatic Criticism.**  
"How is that new play of Scribblers?"  
"Dead slow. I took my old maid aunt to see it, and it didn't even get a blush out of her."

Nature leaves a lot of work for the dressmaker to finish.

**Outclassed.**  
Member of Anarchist Society—Gentlemen, I wish to resign!  
President—But vy, brotzer? Vy would you leave us?  
Member—Ach! der iss no more glory in ris bomb business; eet iss becoming vulgar; everybody is doin' it! — Punch.

**Rotation.**  
"Are you going to have a garden this year?"  
"No," replied Mr. Growcher. "It isn't my turn to make a garden. I'm going to keep chickens this year and let my neighbor make the garden."

If a man will refrain from combing his hair over the denuded spot the probabilities are that nobody will notice the fact that he is bald.

**Doctor's Advice.**  
Doctor—You must go away for a long rest.  
Overworked Merchant—But, doctor, I'm too busy to go away.  
Doctor—Well, then you must stop advertising.

## Whenever You Need a General Tonic

**Take Grove's**  
The Old Standard Grove's Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.—Adv.

**True Friends.**  
Hazel—Say, Mary!  
Mary—Well, dear?  
Hazel—Is my complexion on straight?



Their First Breakfast

## "This is how I like it"

You can have your husband say this not only at your first breakfast together, but morning after morning.

If you should discover that every woman in your town used the same coffee you would never rest until you had tried it.

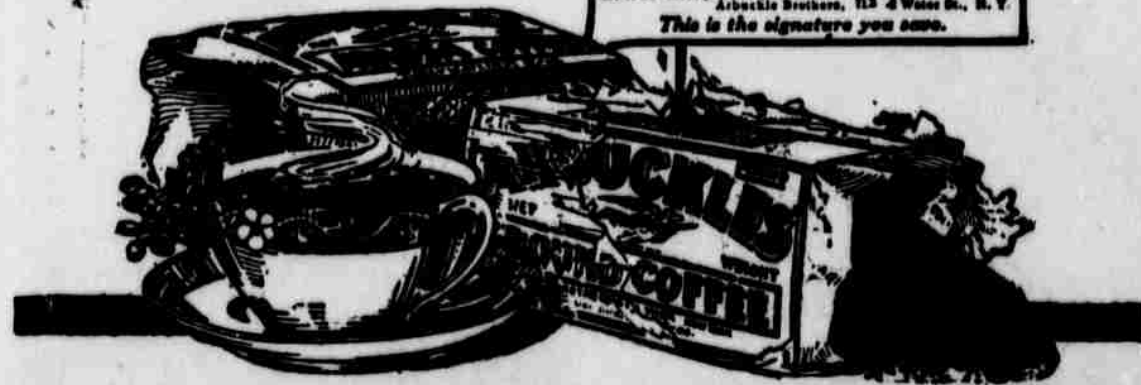
A great many more women than live in your town are using Arbuckles' Coffee. In millions of homes throughout the country, Arbuckles' is considered necessary to make breakfast complete. So rapidly has its sale increased, so popular has it become, that today more of it is sold than any other packaged coffee. Arbuckles' is pure coffee,—contains no chicory.

Get a package from your grocer today—either the whole bean or the ground.

Notice the smiles of satisfaction at the breakfast table. Try it. Give your family the enjoyment of drinking the most popular coffee in America.

**Make your coffee earn lovely gifts for you**  
Save the signature on every Arbuckle wrapper. Get beautiful, useful gifts—articles you have always wanted. Arbuckle's presents are almost as famous as Arbuckle's Coffee. In one year we gave away over a million of our premium gifts! Send for our big Premium Catalog showing list of our most popular presents. Write today to Arbuckle Brothers, 115 & 116 West St., N. Y.

This is the signature you save.



It often turns out in after years that the faint heart which failed to win the fair lady was something of a blessing in disguise.

Always use Red Cross Ball Blue. Delights the laundress. At all good grocers. Adv.

A man seldom gets it in the neck by keeping his mouth shut.

## MILL ROLLS

**Reground and Corrugated**  
Now is the time to have this class of work done. We have the best equipped Machine Shops in the Southwest and guarantee our prices and work.  
20 Years Experience  
R. S. SHERMAN MACHINE & IRON WORKS  
1670 30 E. MAIN ST., OKLAHOMA CITY, OKLA.

## DAISY FLY KILLER

placed anywhere, on the lawn, porch, or in the house. Kills all flies, mosquitoes, and other annoying insects. Made of pure, harmless material, and does not injure anything. Guaranteed effective. All doctors of medicine and all druggists sell it for 10c.

W. M. U., Oklahoma City, Mo. 19-1916.

# Death Lurks In A Weak Heart

If Yours Is Suffering or Weak, use **RENOVINE**. Made by Van Vleet-McDonald Drug Co., Memphis, Tenn. Price 50c